

Positive Alternatives 2017 - 2018 Quarterly Update

Grantee (Name and city): Pregnancy Choices LifeCare Center, Apple Valley #838739

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Goal: To provide positive alternatives to abortion for pregnant and parenting women in Minnesota

For the period/quarter: Quarter 6 Oct 1, 2017-Dec 31, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide guidance to grant staff Attend required grant meetings Hire new grant staff Manage grant budget/provide reports		All activities are continually in process.	
Outreach	Promotion of Positive Alternative Programming		We do this through presentation to outside groups, tours we host at the center, online marketing, brochures as well as in house advertising in our positive pregnancy folders.	

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Car Seat Program	Car Seat Safety Video is shown to all Baby and Me! participants. Clients choose between 8 week one on one life coaching and video instruction or a 2-hour fast track class.	25	We had 24 clients graduate from our Baby and Me or Fast Track class. (7 of these were Fast Track clients). In addition, we had 3 males graduate from our full 8 hour program. Increasing our partnerships within the local community should help us continue to increase our numbers.	27
Case Management Services	Baby and Me! (BAM) 8 week participants as well as BAM2 participants are included in this section as well as participation in our Mom's Group. Calls, emails, fax, or text is also included in this number.	900	I think this number may have been overestimated. Now that I can see what the front desk is tracking, I think 700 is a more reasonable number. I hope to have this changed on our work plan.	600
Education Assistance	Provide community resources for education/child care/ESL/GED	20	Included in our positive pregnancy folder as part of our referral package.	38
Employment Assistance	Provide community resources for employment Provide IPAD and printer for employment applications or research	2	We now have a volunteer job mentor who meets with our clients on Tues nights. She is helping them get trained to be a Quickbooks Certified Pro so they can work as bookkeepers from home. She also helps with resume writing and interviewing skills.	7
Financial Assistance	Provide help in applying for financial assistance through various local agencies.	40	We submit numerous requests for rental assistance through Cradle of Hope and have helped clients navigate through the local county systems which includes MA.	39

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Housing Assistance	During intake, if housing assistance is determined to be needed, referrals are made to the appropriate resource. We have information on transitional housing as well as sober housing.	2		6
Nutrition	Women receive nutrition handouts, prenatal vitamins as well as video education on nutrition and exercise during pregnancy.	40	Positive Pregnancy folders are offered to all clients who test positive.	38
Parenting Education	Provide Assessment for family needs and parenting education on the following topics: Confidence at the Core (8 week coaching program) Just for Me! (12 week coaching wellbeing program) Infant Care Postpartum Depression Crib Safety Car Seat Safety Shaken Baby Syndrome Scream Free Parenting series Provide list of community resources for food, clothing, preschool, ECFE	150	This represents the total number of client visits for our Baby and Me! class as well as our monthly postpartum group. Our numbers are very high due to a sharp increase in clients served (as well as sharp increase in referrals!) as well as the addition of a male life coach for our brand new Fatherhood Program. We have 5 part time life coaches who are able to see a high number of clients weekly.	238

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Pregnancy Education	Women receive coaching services as well as video education on gestation, reducing/eliminating smoking/drinking/drugs, exercise, bonding, post-partum depression, nursing, labor and delivery, infant massage and child development	90	This includes all Baby and Me Appointments (same client may make multiple visits)	164
Pregnancy Testing	Assessment of program eligibility after providing pregnancy testing and coaching.	45		55
Provide Necessary Services to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	65	This is the total of all new clients served per quarter (we do not include STI or Ultrasounds in this number as these are not grant supported)	85

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Provide Necessary Services Assessments Only	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	10	This includes our negative pregnancy tests for the quarter.	18

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	15
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	12
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	27
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	27
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	11
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	16

Challenges: Space continues to be a challenge for us but we are addressing this by adding another office space (which will increase our rent!) from across the hall. This will give us more office space as well as a bigger group room for classes. We also need to try to increase the number of hours we have a male life coach at the center in order to accommodate a greater number of walk in fathers. We are adding another 2 hours of ultrasound on Fridays to accommodate the growing number of pregnancy tests we are seeing since the beginning of 2018.

Comments: 2 of our life coaches will be teaching a mix of Life Coaching and Real Essentials to the Alternative Learning Highschool in Burnsville for a minimum of 8 weeks. These once weekly one hour classes will allow parenting and pregnant teens to earn things for their babies during their school lunch time. We are very excited to start our outreach this year in such an impactful way!